



## Your menu for this week

MSC: Marine Stewardship Council compliant product.

**Fr** : denotes Freshly prepared and cooked From scratch. **L**: Local produce **O**: organic **S**: seasonal

### Monday

All day breakfast £2.30

1 butchers sausage **L**, tomato, bacon, beans and 2 hash browns

Organic egg Cheese omelette **Fr L O** £1

With your choice of salad **Fr L S** £2.30

Steamed pangasius (MSC) new potatoes and peas **Fr** £2.30

### Tuesday

Spare ribs **Fr L** £2.30

Served with potato wedges and coleslaw

Mushroom and Tomato pasta **Fr L** £2.30

Mediterranean style hake (MSC) £2.30

### Wednesday

Roast Turkey **Fr** £2.30

Served with roast potatoes, seasonal vegetables **S** and stuffing

Cauliflower cheese **Fr L S** £2.30

Smoked haddock and a Free-range poached egg **Fr L** £2.30

### Thursday

Organic Home made Meatballs **Fr O L** £2.30

Served with Fresh tomato sauce and pasta

Spicy bean wraps **Fr** £1.10

Garlic bread **Fr** 60p

### Friday

Salmon (MSC) kebabs **Fr** £2.30

couscous, peas and carrots

Vegetable chilli and rice **Fr**

Poole Mussels mariniere **Fr L** £2.30



## Your menu for this week 2

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### Monday

All day breakfast £2.30  
Free range Scrambled eggs **L** , or sausage, tomato, bacon, beans

Organic egg Fresh Herb omelette **Fr L O** £1.10  
With your choice of salad **Fr S L** £2.30

### Tuesday

Cedar Organic/Riverford Organic Cottage Pie **Fr O** £2.30  
Topped with cheese mashed potato and served with peas

Vegetable stir-Fry and rice **Fr S L** £2.30

### Wednesday

Dorset Honey Roast Ham **Fr** £2.30  
Served with sauté potatoes, Riverford organic seasonal **O** vegetables and gravy

Vegetable Chilli **Fr** £2.30  
Served on a bed of rice

Poached salmon (MSC) new potatoes and broccoli **Fr L** £2.30

### Thursday

Chicken wrapped with bacon **F** £2.30  
Served with potato wedges

Cheese **L** and tomato pasta bake **Fr** £2.30  
Cheese garlic bread 60p

### Friday

Battered Pollock (MSC) and chips £2.30  
Peas and carrots

Veggie Burger £1.10



## Your menu for this week 3

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### Monday

All day breakfast £2.30

Fiddleford mushrooms **L** tomato, bacon, beans and 2 hash browns

Organic Tomato omelette **Fr L O** £1.10

With your choice of salad **Fr L S** £2.30

### Tuesday

Paella **Fr** £2.30

A classic Spanish dish of peppers, rice, spices and chicken

Tomato and Basil Pasta **Fr** £2.30

### Wednesday

Roast Topside of beef **Fr** £2.30

Served with roast potatoes, seasonal organic vegetables **O** and Yorkshire pudding

Riverford Vegetable fricassee **O Fr** £2.30

Served on a bed of rice

### Thursday

Sausage casserole £2.30

Served with creamy mashed potato

Vegetable Lasagne **Fr** £2.30

Cheese **L** garlic bread 60p

### Friday

Fish Pie **Fr** (MSC) £2.30

peas and carrots

Fiddleford Mushroom Stroganoff and rice **Fr L** £2.30



## Your menu for this week 4

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### Monday

All day breakfast	£2.30
Free range scrambled eggs L or sausage, tomato, bacon, beans	
Organic egg Plain omelette Fr L O	£1.10
With your choice of salad Fr L S	£2.30

### Tuesday

Organic Steak Pie Fr O	£2.30
Served with mixed vegetables and boulanger potatoes L	
Tuna pasta bake Fr	£2.30

### Wednesday

Roast Dorset Pork Fr L	£2.30
Served with roast potatoes, farm assured broccoli and apple sauce	
Vegetable fricassee Fr	£2.30
Grilled salmon, cucumber salad and jacket potato	£2.30

### Thursday

Chicken Korma	£2.30
A mild curry finished with yogurt, served with rice	
Poppadum	60p
Riverford Leek and cheese gratin Fr L S O	£2.30
Garlic bread Fr	60p

### Friday

Fish (MSC) and chips	£2.30
Peas and carrots	
Vegetable curry and rice Fr	£2.30